

Cleanse Program

Time Period- 3-7 days. If you are not used to cleansing and fasting then you may want to do the first cleanse for 3 days.

Diet- High Fiber Fruits only. Ex. (Apple, Pear, Peach etc.) Have a good variety.

Drink- Only water. Take your body weight and divide that number by two and that's how many ounces you NEED to drink DAILY.

Other means- You will need to pick up three products from your local health food store

- Sonnes #7 (Herbal product with ingredients that are natural and has agents that help clean out the intestinal tract)
- Sonnes #9 (Same as above except one works more on the colon and the other is an overall detox)
- MILD herbal laxative tea to take at night (In the morning you'll be ready to release)

Discipline-

- DO NOT eat and drink at the same time. Liquids always digest faster than solids and it can cause putrefaction in the system.
- Try to go to bed on an empty stomach. The body typically requires rest as you get towards 8 & 9pm. Therefore try to make you last fruit meal no later than 7pm.
- Don't eat in between meals. It takes about 2 hrs for solid fruits to digest. So you want to make sure that at least two hours has passed before you start taking in your next fruit meal.
- Eat Melons separately. Melons have a much higher water consistency than other fruits; therefore they digest differently than an apple or banana. When eating melons, eat them separately.

Exercise- Walking in the open air, taking deep breaths, exposure to the rays of the sun, all assists in the body's ability to properly digest food. Try to take a walk after your meals.

Options for Enjoyment- Smoothies, Beautifully decorated fruit salads (exclude melons).

Most Important-

- Pray-It is the Lord that heals us Exodus 15;26
- Have Faith-Without it, it's impossible to please God Hebrews 11;6

- Stick to the Plan-If not, you can have all the faith in the world but never forget that faith without works is dead James2;18

Enjoy the Results.